

May 1 - May 31, 2014

Fitness Studio 1

	Mon	Tues	Wed	Thur	Fri
5:45 - 6:40a	Step Beth	Core & More Andrea	20/20/20 Beth	Barbell Ann	Cardio Challenge Beth
7:30 - 8:25a	Power Sculpt Suzanne	PiYo Suzanne	Power Sculpt Suzanne	PiYo Suzanne	Power Sculpt Suzanne
8:30 - 9:25a	HIIT Maria	Barbell Kerry	Power Sculpt Suzanne	*Barre Workout* Carol	Sweat, Strength & Stretch Suzanne
9:30-10:25	Turbo Kick & Sculpt Kelly S	Total Body Workout Shelley	Zumba Jill	20/20/20 Kerry	Power Sculpt Suzanne
10:35-11:30	10:45-11:45 *Zumba 4 Anybody*	*Hatha Yoga* Leslie	10:45-11:45 *Sr Yoga* Pat	*Hatha Yoga* Leslie	Barbell Sally
12:00-12:55	Butts, Guts & More Kerry	Zumba Jill	Barbell Ann/Sally	Zumba Jill/Vicki	Barbell Mollie
					1:05 - 3:05p *Line Dancing*
	2:30 - 3:30p *PM Yoga*				
5:30 - 6:25p	Power Sculpt Suzanne	20/20/20 Kerry	Power Sculpt Suzanne	5:40 -6:25 Cardio&Core Maria	ZUMBA Amanda
6:30-7:25p	ZUMBA Vicki	*Hatha Yoga* Leslie	ZUMBA Belinda	*Hatha Yoga* Leslie	*Karate/ Self Defense
7:35-8:30p	Barbell Becky	Total Body Workout Renee	*Karate/ Self Defense	*Zumba for Everyone* Hilary	

DCRC Group Fitness Classes

Fitness Studio 2

Mon	Tues	Wed	Thur	Fri
Spin(55) Ann/Lauren		Spin(55) Lauren		Spin(55) Stacey
PiYo Suzanne		*Pilates(B)* Carol		*Pilates(I)* Carol
Power Sculpt Suzanne	Spin(55) Bill	*Pilates(I/A)* Carol	Spin(55) Ann	*Pilates(A)* Carol
	10:45-11:45 *Functional Fitness*	*Pilates(I)* Carol	10:45-11:45 *Functional Fitness*	*Pilates(B)* Carol
12-12:45p Spin(45) Julie	*Pilates Express* Julie	12- 12:45p Spin(45) Julie		12 - 12:45p Spin(45) Richard
1-3p *Dublin Shamrockettes*				
6 - 6:45p Spin(45) Lori	5:30 - 6:25p *Pilates(I)* Carol	6:30 - 7:15p Spin(45) Laurie	5:30 -6:25p *Pilates(B)* Carol	
7 - 7:55p *Barre Workout* Carol	6:30 - 7:25p *Pilates(I/A) Carol		6:30 - 7:25p *Pilates(I)* Carol	
	7:45 - 8:40p Spin(55) Kelly		7:45 - 8:40p Spin(55) Lori	

Saturday	
Studio 1	Studio 2
8:15 - 9:10a Barbell Kerry	8:30 - 9:30a Spin(60) Lori
9:15 -10:15a Zumba Belinda	
10:30-11:30a Total Body Workout Renee	

Sunday	
Studio 1	Studio 2
8:30-9:15am Core&More Julie	8:30 - 9:30a Spin(60) Bill
11:45 - 12:45 *Beg Line Dance* Starts 5/18	
2- 3:30pm *Intermed. Line Dance*	
4:30 - 5:30p Barbell Becky	
6-7pm Zumba Belinda	

Classes with an (*) are program classes that run in sessions. See a DCRC Brochure for class times and fees.



Group Exercise Class Descriptions

Group Fitness Classes: All Classes require either a Group Fitness pass, trial pass or separate class registration	
Barbell	A strength building class designed to work each major muscle group using barbells and plates set to motivating music. M7:35p TU 8:30a, W 12p, TH 5:45a FR 10:35a, 12p SA 8:15a SU 4:30p
Butts,Guts & More	Focus on working the lower 1/2 of the body and creating a strong core..plus a little more! M 12pm
Cardio Challenge	An interval style cardio/strength class that will have you running, jumping, squatting and sweating! FR 5:45a
Cardio & Core	Much like the cardio challenge, but add in some core work for a complete workout! TH 5:40p
Core & More	A class designed to work your abs and core in new and challenging ways...and more!! TU 5:45a, SU 8:30a
PiYo	A great combination of Pilates mat work and Yoga stretches and poses. M 8:30a, TU 7:30a, TH 7:30a
Power Sculpt	Tone-up and build muscle through this no-impact strength program using a variety of equipment. M 7:30a, 9:30a, 5:30p WE 7:30a, 8:30a, 5:30p FR 7:30a, 9:30a
HIIT	High Intensity Interval Training - short, intense cardio intervals followed up with abdominal work. M 8:30am
Step	A classic, high intensity cardio class using a Step platform and great choreography. M 5:45a
Sweat, Strength and Stretch	Mix a bit of Cardio training, with some strength/weight work and finish with a relaxing stretch. FR 8:30am
Total Body Workout	Challenge yourself with this athletic based cardio&strength class for a Total Body Workout! TU 9:30a & 7:35p, SA 10:30a
Turbo Kick & Sculpt	A fast-paced kickboxing workout set to the hottest dance music followed with sculpting exercises. M 9:30a
20/20/20	Mix it up with 20 min. of Step/Bosu, 20 min.of Kickboxing and 20 min.of sculpting/abs. TU 5:30p, WE 5:45a, TH 9:30a
Zumba	This fusion of Latin and international dance rhythms will have you moving and smiling as you get in shape! M 6:30p, TU 12p, WE 9:30a & 6:30p, TH 12p, FR 5:30p, SA 9:15a, SU 6pm
Spinning (Indoor Cycling) Classes: Use your Group Fitness Pass or trial pass. If you are new to Spinning please arrive 5-10 minutes before class start time to learn proper bike set-up.	
Spinning (45, 55, 60)	A 45 - 60 minute calorie-burning indoor cycling workout completed with cooldown and stretching. M 5:45a, 12p, 6p TU 9:30a, 7:45p WE 5:45a, 12p, 6:30p TH 9:30a, 7:45p FR 5:45a, 12p SA 8:30a SU 8:30a
All classes denoted with an asterisk (*) are specialized, progressive classes that require a class fee and run on 4 - 6 week schedules. Check the DCRC Brochure or website www.dublin.oh.us for class descriptions, class schedules, and fees.	
Barre Workout	Get in shape using Ballet inspired moves that will tone your entire body. M7p & TH 8:30a
*Functional Fitness	A class designed for active older adults to build strength, balance and coordination. Tu 10:45a & TH 10:45a
*Hatha Yoga	The ancient art of Hatha Yoga increases flexibility and strength while reducing stress and tension. Tu 10:35a, 6:30p TH 10:35a, 6:30p
*Pilates	Using the Pilates Reformer machine, this class helps build balanced strength and flexibility. See brochure for class ability levels.
Senior Yoga	Same format as the other classes with appropriate modifications for mature patrons. See Brochure for days/times
Line dancing	Learn some fun line dances while keeping in shape. Pay by the class at the DCRC front desk.
*Yoga in the PM	A relaxing Yoga class to help you rejuvenate and re-energize your day. M 2:30p
*Zumba for Any Body	A fun way to dance your self into shape! Slower paced, designed for seniors and those newer to Zumba. M 10:45a
*Zumba for Everyone	A Zumba workout but with more instruction on the steps and rhythms included - you must register for this class. TH 7:30p

Instructors

Andrea Ashley
 Peg Baun
 Julie Borghese
 Kelly Butler
 Laurie Collins
 Maria Cramer-Kirkpatrick
 Jill D'Ooge
 Vicki Federico
 Hilary Frambes
 Leslie Gabbard
 Sally Gill
 Lauren Glovac
 Bill Guthery
 Belinda Gutierrez
 Jori Hindley
 Angie Hise
 Richard Johnson
 Elizabeth Katsares
 Carol Laymon
 JoAnn McDaniel
 Amanda Messmer
 Nina Passen
 Renee Phillips
 Beth Politz
 Aubrey Poppel
 Becky Riger
 Kara Schooley
 Kerry Sobieski
 Mollie Steiner
 Kelly Stone
 Lisa Strickland
 Amanda Turner
 Suzanne Walker
 Shelley Ware
 Stacey Wellman
 Lori Wolfe
 Ann Young
 Loretta Zedella